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LIVING SKILLS PROGRAMS IN HAMILTON-WENTWORTH

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GOVERNMENT DOCUMENTS

THE SOCIAL PLANNING and RESEARCH COUNCIL of Hamilton and District

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LIVING SKILLS PROGRAMS
IN
HAMILTON-WENTWORTH

Updated December, 1989

from a community survey
collected February/March, 1989

by the

Committee for Housing and Home Support Care for the Disabled
of the
Social Planning and Research Council of Hamilton and District

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OF HAMILTON AND DISTRICT

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A. INTRODUCTION

1. BACKGROUND

The Committee for Housing and Home Support Care for the Disabled was established by the Social Planning and Research Council of Hamilton and District in May, 1986, in response to the Council's Final Report of A Study of Housing and Support Care for the Physically Disabled in Hamilton-Wentworth. The Committee was given a mandate to develop a framework for implementing the thirteen Recommendations contained in the Final Report, and was empowered to assume a catalyst and/or activist role in the community, as necessary, to foster implementation.

2. COMMUNITY RESEARCH: LIVING SKILLS PROGRAM

The Social Planning and Research Council advocates an independent living and self-directed care approach to service provision for the disabled. In order to determine the extent to which this approach is being implemented, it became necessary for the Committee to investigate the types of services currently available in our community.

Information about living skills programs was collected through a questionnaire survey undertaken by the Committee. The mail-out survey was conducted in February and March, 1989, and involved local groups and agencies that were thought to provide living skills programs. Forty-seven of the fifty-five target groups and agencies responded to the questionnaire (representing an 85.5% response rate).

Fourteen of the 47 respondents (29.8%) indicated that they do not offer a living skills program. (These respondents are listed on page 4.) The accuracy of this statement must be weighed against the knowledge that "living skills programs" are defined differently by different groups and agencies. The definition provided in the questionnaire reads as follows:

> For the purpose of this survey, a living skills program is defined as a program which provides instruction in the practical activities of living that would emphasize the shift from a dependent life style to self dependence in directing one's own life and maintaining a household. The primary services would be skills training in such areas as cleaning and cooking, financial management, consumer affairs educational and vocational opportunities, medical needs, functional skills, social skills, time management, and sexuality.

The extent to which a particular group or agency's program coincides with the definition given above, may have determined the "yes/no" response to the provision question.

3. FOCUS OF THE RESOURCE DOCUMENT

The questionnaire addressed the following areas:

1) Clientele

- admission criteria
- ages served
- spaces available
- number on waiting list
- sources of referral

2) Program

- location of program
- type of delivery (i.e., format)
- number of sessions
- frequency of sessions
- length of sessions

3) Program Content (Curriculum)

- personal health and hygiene
- environmental management
- environmental management support services
- finances
- management skills
- employment
- other

4) Assessment

- assessment criteria
- final assessment
- post-program options

5) Administration

- budget
- source of funding
- living skills instructors on staff

6) Provider Perspective

- unmet needs

- interest in attending a Living Skills Program workshop

This information was compiled into a resource document that was distributed to client, service providers, funders and policy makers at a "Living Skills Seminar" presented jointly by the Committee on Housing and Home Support Care for the Disabled and the Regional Access Awareness Week Housing Sub-Committee, in June, 1989.

The Committee on Housing and Home Support Care for the Disabled completed its term of operation in October, 1989. However, the resource document was well received at the seminar, and, at that time, some service providers indicated that changes or additions to their programs were forthcoming. For that reason, a follow-up survey of the original program providers was conducted by the Social Planning and Research Council in October/November, 1989. The current programs of thirty-five local providers of living skills programs are described in the present document.

The focus of this document is on Clientele, Program, and Program Content. These areas are reported in chart format in Section C, with providers being categorized by the target population served. Section D provides Summary Notes for the updated responses, as well as comparisons with previous data.

Section E, Provider Perspectives, provides comments made by the original respondents in January/February, 1989, so that the reader can see the issues and problems that face living skills program providers.

B. RESPONDENTS INDICATING "LIVING SKILLS PROGRAM NOT OFFERED"

Association of Agencies for Treatment and Development

Canadian Cancer Society

Catholic Family Services of Hamilton-Wentworth

Chedoke Children and Family Centre

Christian Horizons - Horizon House

Easter Seal Society

Epilepsy Hamilton and District

Hamilton and District Extend-A-Family

Hamilton-Wentworth Housing Authority

Multiple Sclerosis Society of Canada

Ontario March of Dimes - Hamilton Outreach

Regional Social Services Shelter and Housing Unit

St. Joseph's Villa

V.O.N. Placement Co-ordination

C. CLIENT/PROGRAM PROFILES OF SERVICES, AGENCIES AND GROUPS RESPONDING TO THE LIVING SKILLS PROGRAM QUESTIONNAIRE

February/March, 1989

1. Services, agencies and groups serving the Physically Disabled population

2. Services, agencies and groups serving the Developmentally Handicapped population

3. Services, agencies and groups serving the Psychiatrically Disabled population

4. Generic services, agencies and groups serving two or more target populations

1. SERVICES, AGENCIES AND GROUPS SERVING THE PHYSICALLY DISABLED POPULATION

a) General Services, Groups and Agencies
b) Occupational Therapy Departments

a) GENERAL SERVICES/AGENCIES

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Arthritis Society	Arthritis patients	In client's home; individual instruction; # of sessions varies	X	X	X	X	X	-	-
Canadian Hearing Society	Hearing impaired	Informal	-	-	-	-	X	X	-
Canadian National Institute for the Blind	Must be visually impaired; 20-45 yrs; 20 spaces; 10 on waiting list; referral from W. Ross McDonald School for the Blind & other CNIB offices	In agency, clients home; <5, >5, individual instruction; meet 5 times per week for one hour per day	X	X	X	X	-	-	-
Chedoke Children's Developmental Rehabilitation Program	Outpatient Program serving children and adolescents with physical disabilities; 0-21; medical referral	Home, school; individual and group as needed	X	-	X	X	X	X	-

PROGRAM CONTENT KEY

X = One or more topics are covered in the subject area.

PER = Personal Health & Hygiene (nutrition, personal grooming & hygiene, feeding, sexuality)

ENV = Environmental Management (cooking, housecleaning, laundry, time management)

SUP = Environmental Support Activities (banking, shopping, transportation)

FIN = Finances (money management/ budgeting)

MGT = Management Skills (hiring & directing attendant care, problem solving, child care)

EMP = Employment (job search skills, vocational opportunities)

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Hamilton-Wentworth Head Injury Assoc.	Acquired brain injury with cognitive problems; 18+; 6 residential transitional living program, 12 adaptive life-skills program (day program); self, medical & community agency referral.	In agency, community & client's home; groups >5, <5 & individual; # of sessions per individual needs; residential: 24hr/day, 7 days/week; lifeskills program Mon-Fri, 3 hrs/day	X	X	X	X	X	X	X
Ont. March of Dimes - Supportive Living Centre	Tenancy at 20 Emarald N. & 20 Jarvis St. (Feb. 1990); 34-40 disabled adults requiring comprehensive attendant care services.	In agency or home; individual instruction based on need	X	X	X	X	X	-	-
Participation House - Hamilton & District	Severely physically disabled w/out emotional problem, stabilized condition; 18-50; 42 spaces, 5 waiting; family & medical referral	In agency; groups <5, >5, individual instruction; # & frequency of sessions as needed; sessions = 1/2 - 1 1/2 hr.	X	X	X	X	X	X	X

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b) OCCUPATIONAL THERAPY DEPARTMENTS

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Chedoke Hospital Adult Rehabilitation Centre	In-patient; 16+; # of spaces & # on wtg list varies w/program	Individual instruction; #, frequency & length of sessions varies	X	X	X	X	-	X	-
Hamilton General Hospital	In-patient; 18+; acute care.	In hospital; individual or group instruction	X	X	X	X	X	-	As needed.
Henderson General Hospital	In-patient; 18+, mostly 50+; acute care	In hospital; individual instruction; psythiatric OT works with group needs	X	X	X	X	X	X	As needed.
St. Joseph's Hospital	Must already be an in-patient; 18+ medical & geriatric assessment unit referral	In hospital or home; groups <5 or individual instruction; # of sessions depends on length of hospital stay; frequency & length of sessions depends on individual	X	X	X	X	X	-	-

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	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
St. Peter's Hospital	In-patient or rehab. outpat., day hospital only; 65+; community & medical referral	In hospital; individual instruction; #, frequency & length of sessions individually determined	X	X	-	-	X	-	-
V.O.N. Hamilton Wentworth Home Care Program	Those eligible under the Home Care Program	Home; indiv. instruction; # of sessions varies w/indiv. needs; 1 .5-1 hr session/ week	X	X	X	X	X	X	-

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2. SERVICES, AGENCIES AND GROUPS SERVING THE DEVELOPMENTALLY HANDICAPPED

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Hamilton & District Assn. for the Mentally Retarded	Must be developmentally handicapped; 18+; 90 spaces; 150 on waiting list; any referral	In agency, home, other institution, 2nd level lodging homes; groups <5, >5, indiv. instruction	X	X	X	X	X	X	Alternate communication
Rygiel Home	Developmentally handicapped	In agency, home	X	X	X	-	-	X	-

PROGRAM CONTENT KEY

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SUP = Environmental Support Activities (banking, shopping, transportation)

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EMP = Employment (job search skills, vocational opportunities)

3. SERVICES, AGENCIES AND GROUPS SERVING THE PSYCHIATRICALLY HANDICAPPED

	CLIENTELE	PROGRAM	PROGRAM CONTENT PER	ENV	SUP	FIN	MGT	EMP	OTHER
Hamilton Program for Schizophrenia	Not for physically disabled; must be clients of Program for Schizophrenia; 18-35; 12-15 spaces; no one on waiting list; referral by case managers	In agency, home, other institut'ns, in the community; groups <5, >5, individual instruction; 36 sessions + indiv. refresher options; 1 session /wk; 1 1/2 hr long	X	X	X	X	X	X	Mgmt of leisure time; leisure counselling
Hamilton Psychiatric Hospital	Limited contact w/ patients w/physical disabilities; 18+; unlimited enrollment; no one on waiting list; referral by in-patient teams, community agencies, occasionally gen'l practitioner.	In agency, home, other institution; <5, >5, individual instruction; daily sessions; 1.5 - 2 hours; as long as client needs them	X	X	X	X	X	X	Mgt. of leisure time; leisure counselling
Homestead Residential & Support Services	Resident at Homestead; history of emotional or psychiatric problems; 18-36; 7 spaces; no one on wtg list any referral	In agency; groups <5, >5, indiv. instruction; #, frequency & length of sessions depends on indiv. needs	X	X	X	X	-	-	-

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	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Psychiatric Day Program - St. Joseph's Hospital	Chronic psychiatric illness, usually schizophrenia; 16-45; 15 spaces; 6 on wtg list; any referral	In agency; groups >5, individual instruction; 14 wk program; 28 sessions per week; 2-3 hr per session	X	X	X	X	X	X	Stress mgt; leisure
Regional Municipality of Hamilton-Wentworth, Dept. of Public Health Services, Nursing Div., Mental Health Branch	Psychiatrically disabled; resident of Hamilton-Wentworth; 18+; 45 spaces (case mgt) or individual programming; 8 case mgt. clients on wtg. list; case mgt referral thru Mental Health Promotion program; indiv. referrals thru HPH, family doctors, lodging home operators, Public Health nurses, community groups	In agency, home, other institution, schools; <5, >5, individual instruction; #, frequency & length of sessions varies w/need	X	X	X	X	-	X	-
Wellington Psychiatric Outreach Program	Must be registered w/agency; 25-65; 40 spaces; 6 on wtg list; referral by case manager	In agency; groups <5, >5, individual instruction; 2 sessions/week	X	X	X	-	X	X	Recreation; socialization

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4. GENERIC PROGRAMS SERVING TWO OR MORE TARGET GROUPS

a) School Boards
b) Other Program Providers

a) SCHOOL BOARDS

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Board of Education for the City of Hamilton	Resident of Hamilton or purchase of service w/Govt. of Ont. or neighbouring Boards of Ed.	In schools; >5; built into daily curriculum.	X	X	X	-	X	X	X
Hamilton-Wentworth Roman Catholic Separate School Board	N/P	Living Skills program is fully integrated into the curriculum	X	X	X	X	X	X	-
Wentworth County Board of Education	5-21; various types of required medical intervention; <20 have a physical disability	Individual needs; not a separate program	X	X	-	-	-	-	All areas dependent on indiv. needs

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EMP = Employment (job search skills, vocational opportunities)

b) OTHER PROVIDERS

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Amity Goodwill Industries	All categories of disabilities; 17+; no one on waiting list	In agency; <5, individual instruction; external work experience & job sites located for clients under Supported Transitional Employment Program (S.T.E.P.)	X	-	-	X	-	X	S.T.E.P; support with coach provided at the job site
Beth Tikvah (residence in planning: opening date Spring 1990)	40+; 6 spaces; Jewish & non-Jewish community referral	In agency; <5,>5, individual instruction; integral to all aspects of program	X	X	X	X	X	-	-
Catholic Children's Aid Society of Hamilton	Living w/foster parents or a family involved w/ CCAS; 15-19; 20 spaces; no one on waiting list	In agency or home; groups >5, indiv. instruction; 10 3 hr. sessions, 1 per week	X	X	X	X	X	X	-

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	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Mohawk College, Employment Strategies for Success	Must be schizophrenic; 18+; mentally stable; has follow-up by a primary care agent in the community; community residing; regular income support; potential to develop job readiness skills; willing to work w/ up to 20 other students & 2 life skills coaches	In institution & competitive work settings; >5, <5, individual counselling; 84 week program; 4 9.2 hr. sessions/week	X	-	-	-	-	X	All topics related to vocational planning & goal setting
Mohawk College, Job Readiness Program	Must be physically or mentally handicapped, & will benefit from the program; 19-65; 20 spaces; 5-10 on wtg list; any referral	In college; groups >5; 200 sessions; 5 3-hr sessions/wk	X	-	-	X	X	X	-

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EMP = Employment (job search skills, vocational opportunities)

	CLIENTELE	PROGRAM	PROGRAM CONTENT						
			PER	ENV	SUP	FIN	MGT	EMP	OTHER
Regional Social Services Home Management Program	Must qualify under homemaker & nurse services Act; 16+; unlimited spaces; self, medical, community, agency referral	In agency, home, or other institution; groups <5, >5, individual instruction; # of sessions varies w/skill taught; 1 /wk or 2/mo; 1 1/2 hr sessions	X	X	X	X	X	-	X
Salvation Army (Lawson Lodge)	Residents of Lodge only; 25-52; 12 spaces; no one on waiting list	In agency; individual instruction; 5 sessions/wk, 4 hrs/session, as long as required	X	X	X	X	X	X	-
St. Matthew House	Open to all; 16+; unlimited spaces; no wtg list; any referral	In agency or home; groups <5, >5, individual instruction; # of sessions varies w/ topic; 1, 2-2 1/2 hr session/wk	X	X	X	X	X	X	Major repairs & upkeep of accommodation

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SUP = Environmental Support Activities (banking, shopping, transportation)

FIN = Finances (money management/ budgeting)

MGT = Management Skills (hiring & directing attendant care, problem solving, child care)

EMP = Employment (job search skills, vocational opportunities)

D. SUMMARY NOTES

1. Number of services, agencies and groups offering living skills programs:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	6	7			16.7
ii) Occupational Therapy Departments:	6	6			0.0
Subtotal:			12	13	8.3
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			8	9	12.5
d) Generic Services					
i) School Boards	3	3			0.0
ii) Other Providers	8	8			0.0
Subtotal:			11	11	0.0
TOTAL:			33	35	6.1

2. Number of spaces available in the living skills programs offered:

a) Physical Disabilities					
i) General:	94	120			27.7
ii) Occupational Therapy Departments:	unlimited				
Subtotal (of reported spaces):			94	120	27.7
b) Developmentally Handicapped:			85	90	9.4
c) Psychiatrically Handicapped:			155	174	12.3
d) Generic Services					
i) School Boards	unlimited				
ii) Other Providers	79	73			-7.6
Subtotal (of reported spaces):			79	73	-7.6
TOTAL (of reported spaces):			413	357	-13.6

3. Number of persons on waiting lists:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	44	15			-65.9
ii) Occupational Therapy Departments:	0	0			0.0
Subtotal (limited spaces facilities):			44	15	-65.9
b) Developmentally Handicapped:			150	150	0.0
c) Psychiatrically Handicapped:			23	15	-34.8
d) Generic Services					
i) School Boards	0	0			0.0
ii) Other Providers	10	10			0.0
Subtotal (limited space facilities):			10	10	0.0
TOTAL (limited space facilities):			227	190	-16.3

4. Number of living skills programs offering a full range of subject areas (i.e., Personal Health and Hygiene, Environmental Management, Environmental Support, Finance, Management Skills, Employment)

a) Physical Disabilities					
i) General:	2	2			0.0
ii) Occupational Therapy Departments:	2	2			0.0
Subtotal:			4	4	0.0
b) Developmentally Handicapped:			1	1	0.0
c) Psychiatrically Handicapped:			4	4	0.0
d) Generic Services					
i) School Boards	1	1			0.0
ii) Other Providers	3	3			0.0
Subtotal:			4	4	0.0
TOTAL:			13	13	0.0

5. Number of living skills programs covering Personal Health and Hygiene topics:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	5	6			20.0
ii) Occupational Therapy Departments:	6	6			0.0
Subtotal:			11	12	9.1
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			7	7	0.0
d) Generic Services					
i) School Boards	3	3			0.0
ii) Other Providers	8	8			0.0
Subtotal:			11	11	0.0
TOTAL:			31	32	3.2

6. Number of living skills programs covering Environmental Management topics:

a) Physical Disabilities					
i) General:	5	5			0.0
ii) Occupational Therapy Departments:	6	6			0.0
Subtotal:			11	11	0.0
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			7	7	0.0
d) Generic Services					
i) School Boards	3	3			0.0
ii) Other Providers	5	5			0.0
Subtotal:			8	8	0.0
TOTAL:			28	28	0.0

7. Number of living skills programs covering Environmental Support topics:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	5	6			20.0
ii) Occupational Therapy Departments:	5	5			0.0
Subtotal:			10	11	10.0
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			7	7	0.0
d) Generic Services					
i) School Boards	2	2			0.0
ii) Other Providers	5	5			0.0
Subtotal:			7	7	0.0
TOTAL:			26	27	3.5

8. Number of living skills programs covering Finance topics:

a) Physical Disabilities					
i) General:	5	6			20.0
ii) Occupational Therapy Departments:	5	5			0.0
Subtotal:			10	11	10.0
b) Developmentally Handicapped:			1	1	0.0
c) Psychiatrically Handicapped:			6	6	0.0
d) Generic Services					
i) School Boards	1	1			0.0
ii) Other Providers	7	7			0.0
Subtotal:			8	8	0.0
TOTAL:			25	26	4.0

9. Number of living skills programs covering Management Skills topics:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	5	6			20.0
ii) Occupational Therapy Departments:	5	5			0.0
Subtotal:			10	11	10.0
b) Developmentally Handicapped:			1	1	0.0
c) Psychiatrically Handicapped:			6	6	0.0
d) Generic Services					
i) School Boards	2	2			0.0
ii) Other Provider	6	6			0.0
Subtotal:			8	8	0.0
TOTAL:			25	26	4.0

10. Number of living skills programs covering Employment topics:

a) Physical Disabilities					
i) General:	3	4			33.3
ii) Occupational Therapy Departments:	3	3			0.0
Subtotal:			6	7	16.7
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			7	7	0.0
d) Generic Services					
i) School Boards	2	2			0.0
ii) Other Providers	6	6			0.0
Subtotal:			8	8	0.0
TOTAL:			23	24	4.5

11. Number of services, agencies and groups offering living skills programs in the client's home:

	March	Dec.	March	Dec.	% Change
a) Physical Disabilities					
i) General:	4	5			25.0
ii) Occupational Therapy Departments:	1	1			0.0
Subtotal:			5	6	20.0
b) Developmentally Handicapped:			2	2	0.0
c) Psychiatrically Handicapped:			4	4	0.0
d) Generic Services					
i) School Boards	0	0			0.0
ii) Other Providers	3	3			0.0
Subtotal:			3	3	0.0
TOTAL:			14	15	7.1

E. PROVIDER PERSPECTIVES

1. Perceived Needs

The 47 original respondents indicated concern that the following needs were not being met adequately in our community:

- a spectrum of services for varying degrees of handicap is not available
- services for the multiply handicapped are unavailable or difficult to access
- services for the severely handicapped are limited
- cognitive and communication problems are inadequately addressed
- middle-aged head/brain injury patients do not have a program geared to their needs
- physically disabled persons with no cognitive problems have limited access to programs
- there is inadequate support in the transitional stages of programming (e.g., from boarding house to independent apartment living)
- there is no evening support available
- there is a need for problem-solving social peer groups
- sexuality is inadequately addressed, especially sexuality education for severely mentally retarded persons
- there is a need for day programs for young people who can work part-time only
- support services for ex-psychiatric patients in boarding houses are needed
- there is a need for ready program accessibility in the participant's home
- there is no formalized programming for some populations
- there is a need for employee training and on-site support, especially for work integration
- a need for a smoother transition from in-patient to out-patient programs for some acute populations (e.g., cardiology)
- retirement planning for developmentally handicapped persons is not available
- life stages rituals (culturally determined) are not being addressed
- social skills awareness training (group cooperation) is limited